



Celebrating February Birthdays

In astrology, those born between February 1–18 are the Water Bearers of Aquarius. As the water of life heals the land, so Aquarians are the humanitarians of the zodiac. Free-spirited, nonconformist, compassionate, and visionary, they support giving “power to the people.”

Those born between February 19–29 are the Fish of Pisces. Fish feel things deeply, as in under-the-sea deep. These intuitive, creative, and intelligent people have strong feelings of right and wrong and also love to help others.

| | |
|-------------------------|-------------|
| Mary Jo French | 2/7 |
| Andrea Mackay | 2/7 |
| Jack Urguhart | 2/7 |
| Mary Lombardi | 2/8 |
| Dodo Krieg | 2/16 |
| Elizabeth Miller | 2/16 |
| Ken Isherwood | 2/16 |
| Paula Rowe | 2/20 |
| Sandra Parvel | 2/21 |
| Betty Simmon | 2/23 |

A Giant Leap for Humankind

This month we will enjoy an extra day, transforming 2020 into an extraordinary year. Every four years, an extra day, called *leap day*, is added at the end of February. This extra day is built into the year to ensure that our calendars remain aligned with Earth’s movement around the sun. Our modern calendars have 365 days, but Earth takes 365.2421 days to make it all the way around the sun. The ancient Egyptians were the first civilization to calculate that our cycle of days and nights did not align perfectly with the calendar year, but it wasn’t until Julius Caesar’s reign during the Roman Empire that anything was done about it.

For millennia, calendars were loosely based on human observations of the lunar cycle. Extra days, weeks, and even months were added at random to make up for seasonal discrepancies. Julius Caesar was fed up with the inadequacies of such calendars based upon a 10-month solar year. In 46 BC, he enlisted astronomer Sosigenes to modify the calendar to include 12 months and 365 days. January and February were added as the final two months of the calendar, with the leap day added as the final day of the last month of February once every four years. Julius Caesar named this the *Julian calendar* after himself.

The Julian calendar was hailed as a tremendous improvement, but it was still not perfect. The solar year is only .2421 days longer than the calendar year, not .25. Adding an entire day every four years added 11 extra minutes to each year! After hundreds of years, the Julian calendar veered weeks from the solar year. Like Caesar before him, Pope Gregory XIII decided to fix this problem. In 1582, the Pope created his *Gregorian calendar*. It was still a 12-month, 365-day calendar with an added leap day every four years, but the Pope went further. He decreed that leap years would not occur on years evenly divisible by 100, excepting those divisible by 400. For example, the years 1700, 1800, and 1900 were not leap years, but the year 2000 was. Pope Gregory XIII’s calendar is still in use today, but it is still not perfect. Mathematicians note that after another 10,000 years, someone will have to create a new calendar once again.

Fat Tuesday – February 25th

It's that time of year again! Fat Tuesday, or as it is lovingly called in many areas of Michigan, Paczki Day is on February 25th. This day is celebrated by indulging in the traditional Polish jelly-filled pastry known as a pączek (PON-check). The more commonly used name for these is pączki (POONCH-kee), which is the plural pronunciation for this sweet treat.

Pączki are made from richer yeast dough that won't collapse when you bite into it. Pączki are pastries made from deep-fried flat dough with fruit or cream filling and are topped with a light dusting of sugar. The traditional fruit filling is prune, but others include apricot, lemon, blueberry, raspberry and custard.

In larger cities in Poland, pączki are sold in numerous bakeries every day, but are much smaller than the ones made in America. Here, pączki are a specialty pastry reserved for once a year in honor of Fat Tuesday. It is a Catholic day of celebration as it is the precursor to the Lenten season, and the last day to indulge in foods before the traditional 40-day period of fasting before Easter. Polish immigrants brought those traditions with them to the United States, so places with strong Polish roots hold on to those important celebrations. One of these places is Hamtramck, also known as Michigan's 'Poletown'. Polish immigrants started flooded the area in 1914 and is the place to go if you want a good pączki!



National Wear Red Day – February 7th

“The American Heart Association’s signature women’s initiative, Go Red for Women, is a comprehensive platform designed to increase women’s heart health awareness and serve as a catalyst for change to improve the lives of women globally.

The FDA has four tips on it's website for women trying to increase their heart health. Those tips include eating a healthy diet with low sodium and low trans fats, managing health conditions as well as possible, know about the impacts of Aspirin on health, and know the signs of a heart attack

It's no longer just about wearing red; it's no longer just about sharing heart health facts. It's about all women making a commitment to stand together with Go Red and taking charge of their own heart health as well as the health of those they can't bear to live without. Making a commitment to your health isn't something you have to do alone either, so grab a friend or a family member and start focusing on your heart.”



African American Famous Firsts

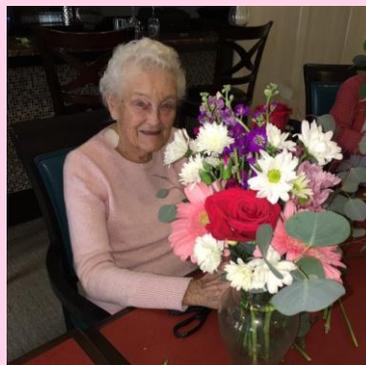
Match the clue to the correct answer.

- | | |
|--|-----------------------------|
| 1. Woman television show host _____ | A. Tiger Woods |
| 2. U.S. Supreme Court justice _____ | B. <i>Ebony</i> |
| 3. Golf champion _____ | C. Oprah Winfrey |
| 4. U.S. president _____ | D. <i>Freedom's Journal</i> |
| 5. Oscar winner, Best Actress _____ | E. Thurgood Marshall |
| 6. Male television show host _____ | F. Colin Powell |
| 7. Licensed pilot _____ | G. Barack Obama |
| 8. U.S. secretary of state _____ | H. Madame C.J. Walker |
| 9. National magazine _____ | I. Martin Luther King Jr. |
| 10. Miss America winner _____ | J. Halle Barry |
| 11. Nobel Peace Prize winner _____ | K. Nat King Cole |
| 12. Oscar winner, Best Actor _____ | L. Jackie Robinson |
| 13. Major league baseball player _____ | M. Aretha Franklin |
| 14. Female Rock and Roll Hall of Fame inductee _____ | N. Bessie Coleman |
| 15. Female self-made millionaire _____ | O. Vanessa Williams |
| 16. U.S. first lady _____ | P. Sidney Poitier |
| 17. First African American-owned newspaper _____ | Q. Michelle Obama |
| 18. Time magazine <i>Man of the Year</i> 1963 _____ | R. Ralph J. Bunch |

The 1st person to turn in the correct answers to Tess will receive a free lunch from the cafe!

Please write your name, date & time on the front of this page before turning it in.

Fun from last month...



Why Is Black History Month Celebrated in February?

“February is the birth month of two figures who loom large in the black past: U.S. Pres. Abraham Lincoln (born February 12), who issued the Emancipation Proclamation, and African American abolitionist, author, and orator Frederick Douglass (born February 14). Since the deaths of Lincoln and Douglass (in 1865 and 1895, respectively), the black community had celebrated their contributions to African American liberation and civil rights on their birthdays. By rooting Negro History Week in February, Carter G. Woodson sought to both honor the inestimable legacy of Lincoln and Douglass and to expand an already existent celebration of the black past to include not only the accomplishments of these two great individuals but also the history and achievements of black people in general.”



What's New This Month?

February 5th – Clothing & Item Swap *Feel free to bring down any clothing or items that you are no longer in need of, as well as collect other donated items from residents that you ARE in need of!

February 5th & 27th – Memoir Writing Workshop - * Work you brain and creativity through this wonderful class with thoughtful prompts to inspire imagination and reminiscing.

February 6th – Detroit Historical Society & Lunch Outing - *Enjoy a new restaurant & the history of Detroit.

February 7th – National Wear Red Day

February 12th - Sharing photos of Loved Ones * Join us for champagne and reminiscing. Bring in photos of loved to share!

February 13th –Lunch & Beer Tasting Outing

February 14th - Valentine's Day Party

February 18th - Complimentary Fall Risk and Gait Analysis Class hosted by Rehab

February 19th – Exotic Zoo

The zoo comes to you! This is an event that you won't want to miss!

February 24th – Get To Know Your Neighbor

- * Every month we will be getting to know a different resident by listening to the story of their life. Contact Tess if you are interested in sharing stories from your past.

February 25th – Mardi Gras Member Mingle –

Although we won't be getting as wild as people do in the streets of New Orleans, we will still have a good celebration. Come for paczkis and mingling with your neighbors!

February 28th - History of Lake St. Clair Presentation

- * Instructors from our local Metro Parks will be giving presentations each month on different topics. This month you'll find out more about the history of our beloved lake!

Every Wednesday will be a family style dinner. Check for flyers with menu details!